

Uniting

Uniting WA
Mental health services

Learn more at
unitingwa.org.au

Or call
1300 663 298



The road to recovery.

If you identify as living with a mental illness and you're seeking support with your recovery, our team can help. With us, you'll be welcomed exactly as you are.

We understand that everyone's mental health journey is different, and the same goes for the support you may need on your journey towards recovery.

It's all about you.

Our recovery coaches will take the time to get to know you so we can understand your life story, your beliefs and how your values shape who you are as a person. It puts you at the centre of all decisions made about the support you receive, and supports you to build the capacity and resilience you need to continue on your personal recovery journey.

How we support you.

Our team adopts a strengths-based approach, which means that we focus on all the things you can do, rather than those you can't. We'll work with you 1:1 and support you to build the confidence, capacity and resilience you need to map out your mental health recovery plan. We'll support you to do all of the things you need to live the life you choose, and assist you to access support from other services and organisations if you need it.

How recovery coaching works.

Our team will support you with recovery coaching that's tailored to your unique needs, as well as your personal strengths, goals and support preferences.

The first stage in the recovery coaching process is understanding your life story and the values and beliefs that shape who you are as a person. The other important step at this stage is to define your personal preferences for how you like to be supported, and what recovery looks like for you.

Learning more about your story can include:

- Understanding where you come from; the people and things that have shaped who you are
- Defining how your race, culture, ethnicity, spirituality, gender and sexual orientation inform your identity
- Developing your personal narrative; what is your story and how did you come to be where you are in your life
- Understanding your values; what matters to you
- Identifying your support and treatment preferences; what kind of support do you want and need from us and from other services.

Next, we'll work with you to learn about the things that you're good at. This might include:

- The support and positive connections you have in your life
- Skills or knowledge you have
- Education or training you've completed
- Life experiences and personal strengths like resilience, optimism or compassion.

Then we'll work with you to identify what your personal goals for recovery look like and develop a road map that will support you to get there. This includes mapping out how your unique values and strengths will support you to achieve your goals.



Take the next step.

Recovery coaching is available to people who have no formal funded supports, as well as those who receive funding from the National Disability Insurance Scheme (NDIS).

If you'd like to learn more about how we can support you on your recovery journey, please get in touch with us for a confidential conversation.

You can refer yourself for mental health support at any time, but please note that we don't provide a crisis support service. We also accept referrals from families, carers and other organisations, as well as NDIS Support Coordinators, Plan Managers, Community Connectors.

Uniting mental health services are provided on a voluntary basis, so all participants must provide informed consent to receive services from us.

Call **1300 663 298** or visit the mental health services page at unitingwa.org.au.

Contact us

1300 663 298

hello@unitingwa.org.au

GPO Box B74,

Perth WA 6838

unitingwa.org.au

If you need this information in a different format, please get in touch.

Individualised Services — May 2021

Uniting